

# CHANGING TIDES

## Peer Specialist Training



LTSC's Changing Tides will be partnering with Project Return (PR) to offer a Peer Specialist Training Program in Spring 2021. The trainings will cover topics such as Trauma Informed Care, Mental Health First Aid, Motivational Interviewing, Suicide Prevention.

### Participant Criteria:

- 18+
- Experience with sadness, anxiety, grief, or any other mental health struggle
- Willingness to share your mental health journey with others as a 'peer'
- Participants must plan to be employed in the field (mental health, social services, community work) OR regularly volunteer upon completion of the program

### What can you do with the Project Return (PR) Certification?

- Qualify for LA county positions that request 'peer specialist training' (i.e. assisting with warmlines, leading self-help groups, helping respond to crisis situations, etc.)
- Have the potential to be employed and bill MediCal under SB 803 (begins July 2022)

### Application Process:

- Fill out this [Google form](#) to express interest
- Complete your application by Tuesday, March 16, 2021
- Participate in an interview with Project Return staff
- Complete a LiveScan/background check

### Incentive:

- \$320 upon completion of the classroom training (and internship, if applicable)

### Program Dates and Times

#### 10 week program (April 6th-June 10th)

- 60 hour classroom training via Zoom
  - Tuesday/Thursday evenings from 6-9 PM
  - Some pre-assignments (readings & videos)
  - Breakout sessions to practice skills
- 64 hour internship via Zoom (exempt if already consistently volunteering with a social service/mental health organization or working in the field)
  - Work w/ PR supporter to lead a self-help group based on interests (i.e. mindfulness, sports, poetry, etc) on a weekly basis
  - Participate in other trainees' self-help groups
  - NOTE: Times may vary, but all self-help/internship groups will be held sometime 9 AM-5 PM when PR supporters are available

